



SunOpta Confirms Internal Growth Rate

TORONTO--Aug. 10, 2004--SunOpta Inc. (SunOpta or the Company) (Nasdaq:STKL) (TSX:SOY). Jeremy N. Kendall, Chairman and CEO of SunOpta, confirmed today that there have been no material events, or material changes to the Company's forecasts to warrant any significant change in the Company's valuation.

Furthermore, Mr. Kendall confirmed that the Company expects its internal growth rate on a going forward basis to match or exceed its internal growth rate of 16% achieved in the first six months of 2004. The Company's internal growth rate is calculated on an operation by operation basis, year over year.

Mr. Kendall said "In addition to our acquisition strategy, we continue to dedicate significant time and effort to growing our base operations, and improving efficiencies. As discussed on yesterday's earnings call, which is available via webcast on www.sunopta.com, we have announced several contracts and projects which should prove to be very favourable to the Company's revenues and earnings in the last six months of the year."

SunOpta Inc. is an owner/operator of high-growth ethical businesses, focusing on integrated business models in the natural and organic food markets. For the last six consecutive years, SunOpta was included in Profit magazine's 'Profit 100' list of the 100 fastest growing companies in Canada. The Company has three business units: the SunOpta Food Group, which specializes in sourcing, processing and distribution of natural and organic food products integrated from seed through packaged products; the Opta Minerals Group, a producer, distributor, and recycler of environmentally friendly industrial materials; and the StakeTech Steam Explosion Group that engineers and markets clean pulping systems using patented steam explosion technology. Each of these business units has proprietary products and services that give it a solid competitive advantage in its sector.

For further information, please contact:

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Note: This news release may contain forward-looking information. Actual future results may differ materially. The risks, uncertainties, and other factors that could influence actual results are described in the Company's annual report to shareholders and in SEC filings.

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